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(54) [Title of invention] Chiffon cake

(57) [Abstract]

[Problem to be solved] The cooking oil used in a conventional chiffon cake increases the neutral fats in the blood after eating, making it easy for the body fats and visceral fats to accumulate, which is unhealthy for the body. Moreover, fats tend to adhere to the body, and contribute to putting on fat.

[Solution means] To bake a chiffon cake using as a substitute for a conventional cooking oil, a cooking oil which contains as its main ingredient diacylglycerol, which makes it difficult for neutral fats to increase in the blood after eating, and for body fats and visceral fats to accumulate.

[Scope of patent claims]

[Claim 1] A chiffon cake which is characterized in that diacylglycerol is added to the ingredients, which are flour, sugar, egg whites, egg yolks, baking powder, water, and salt.

[Detailed description of the invention]

[0001]

[Technical area of the invention] This invention concerns a cake [which is baked] using as a substitute for a conventional cooking oil, a cooking oil with diacylglycerol as its main ingredient.

[0002]

[Conventional technology] Conventional cakes [are baked] using regular cooking oil.

[0003]

[Problem which the invention attempts to resolve] These have the following disadvantages.

(a) It is unhealthy for the body, because neutral fats increase in the blood after eating, and body fats and visceral fats accumulate.

(b) Fats tend to adhere to the body, and contribute to putting on fat.

[0004]

[Means to resolve the problem] To bake [a cake] using as a substitute for a conventional cooking oil, a cooking oil which contains diacylglycerol as its main ingredient.

[0005]

[Embodiment of the invention] (1) Sift 125 g flour and $\frac{1}{2}$ tsp baking powder well.

(2) Add 50 g sugar into 6 egg yolks and beat until this becomes whitish.

(3) Add 70 cc cooking oil, which contains diacylglycerol as its main ingredient, and 80 cc water into (2), and mix well.

(4) Add (1) into (3), and fold and mix gently.

(5) Add 50 g sugar and a dash of salt into 7 egg whites and mix well.

(6) Mix 1/3 of (5) into (4), and then add the remainder of (5) and mix well.

(7) Pour (6) into a 20 cm diameter chiffon cake mold.

(8) Put (7) on the lower shelf of the oven, bake it at 180 degree for 20 minutes, and reduce the temperature to 170 degrees and bake it for an additional 30 minutes.

(9) Cool down the baked cake in the mold, keeping the mold upside down. Remove the cake from the mold after it is cooled down.

Instead of 80 cc water in (3), this can be substituted with a variation, such as 60 cc lemon juice and 20 cc water, 10 g instant coffee dissolved in 80 cc hot water, etc.

[0006]

[Effect of the invention] (a) [This cake] is good for one's health, since neutral fats increase less in the blood after eating, and body fats and visceral fats accumulate less.

(b) [With this cake], it is difficult for fats to adhere to the body, making it difficult for one to put on fat.



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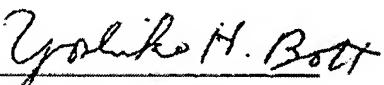
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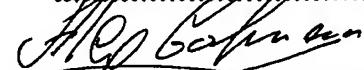
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